

December Activities - Urbana 50+ Community Center

Offering fitness, enrichment & social opportunities for ages 50+

UrbanaSeniorCenter@FrederickCountyMD.gov 301-600-7020

www.FrederickCountyMD.gov/seniorservices

Facebook: [Urbana Senior Center - Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter)

Mondays 9:00-3:00	Tuesdays 9:00-8:00	Wednesdays 9:00-3:00	Thursdays 9:00-3:00
*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk *. Activities are subject to change.		Lunch is served every day at Noon. See the menu for more information.	
2 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge 11:30 *Advanced Tai Chi 12:45 *Yoga 1:00 Rummikub 1:15 Book Club	3 9:30 Daily Exercise 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 4:30 Center closed 5:00 *Supper Club	4 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise 11:30 Exercise & Disease 11:30 *Yoga 12:45 *Meditation 1:00 Cards/Games 1:00 Fresh Conversations	5 9:30 Strength Training 9:30 *English Conversation Class 10:45 Daily Exercise 10:45 *English Conversation Class 11:15 Safety Minute 1:00 Cards & Games 1:15 *Line Dancing
9 Nutrition Minute "Nutrition & Disease" 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge 11:30 *Advanced Tai Chi 12:45 *Yoga 1:00 Joy Bells	10 Nutrition Minute "Nutrition & Disease" 9:30 Daily Exercise 10:45 Daily Exercise 11:30 Caroling Around Piano 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:15 *Supper: Pizza 6:00 Tasting Tuesday	11 Nutrition Minute "Nutrition & Disease" 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise 11:30 Chat with Joy 11:30 *Yoga 12:45 *Meditation 1:00 Cards/Games	12 Nutrition Minute "Nutrition & Disease" 9:30 Strength Training 9:30 *English Conversation Class 10:45 Daily Exercise 10:45 *English Conversation Class 11:00 Blood Pressure Screening 11:30 Just in Time: Sweet Adelines Quartet 11:45 *Lunch with Nurse Steve 1:00 Cards & Games 1:15 *Line Dancing
16 Health Education 101 "Medicines & Fall Risk" 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge 11:30 Telling Our Stories 11:30 *Advanced Tai Chi 1:00 Rummikub	17 Health Education 101 "Medicines & Fall Risk" 1st Day of Winter Registration for classes and trips 9:30 Daily Exercise 10:45 MET Performance 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:15 *Supper: Fried Chicken 6:00 Inside Scoop	18 Health Education 101 "Medicines & Fall Risk" 9:30 Daily Exercise 10:00 Bridge 10:15 Silver Platter Video 10:45 Daily Exercise 11:30 Cognitive Health 11:30 *Yoga 12:45 *Meditation 1:00 Cards/Games	19 Health Education 101 "Medicines & Fall Risk" 9:30 Strength Training 9:30 *English Conversation Class 10:15 TED Talk Discussion 10:45 Daily Exercise 10:45 *English Conversation Class Noon *Holiday Luncheon 1:00 Cards & Games 1:00 *Movie Matinee 1:15 *Line Dancing
23 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge 1:00 Rummikub	24 Center is Closed  Happy Holidays	25 Center is Closed	26 9:30 Strength Training 10:45 Daily Exercise 1:00 *Escape Room in a Box
30 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge Noon *Noon's Eve Lunch	31 9:30 Daily Exercise 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong Center closing at 3:00 p.m.	Jan. 1 Center is Closed 	Jan. 2 9:30 Strength Training 10:45 Daily Exercise 1:00 BINGO

(see other side for program highlights)